



## U.S. Ambassador to Portugal visits Terceira

By Tech. Sgt. Christin Michaud  
65th ABW Public Affairs

The new U.S. Ambassador to Portugal visited Lajes and local communities earlier this week.

The Honorable Thomas F. Stephenson, arrived here Tuesday to meet with community leaders and host a U.S. Citizen Event in Praia to discuss the importance of voting. The event also allowed U.S. citizens an opportunity to register to vote. Additionally, he was on hand to answer any questions American citizens had about the relationship with Portugal and help them to better understand his role as Ambassador.

As the Ambassador, Stephenson is the principal representative to the president and the country he is assigned. He represents the American people. Additionally, his role is to help Portuguese businesses in dealing with the United States.

The trip to Lajes wasn't his first. He stopped here to refuel on his way back to the United States from France approximately 7-8 years ago, but didn't get a chance to see the island, except for the beautiful scenery during the landing.

"It's fun to be back under different circumstances," he said.

The Air Force is an important part of the Azores and America's commitment, explained the Ambassador. "It is the center of what we in the (United States) are doing in Portugal," he said.

The Ambassador and his team, between the Embassy in Lisbon, and the Consul, Jean Manes, in Ponta Delgada on San Miguel, help Americans in Portugal with visas, passports, citizenship and births abroad.

In his U.S. Citizen Event, the Ambassador stressed the importance of voting, explaining in an earlier interview, that



U.S. Ambassador to Portugal, the Honorable Thomas F. Stephenson, speaks to U.S. Citizens at Auditorio Ramo Grande in Praia, Tuesday. (Photos by Senior Airman Taylor Marr)

when the percentage of voters is in the mid-50s, that is considered a good voting year. He argues however, that Americans should exercise their right to vote and that the numbers should be in at least the mid-80s for it to be considered a good voting year.

"If you are a citizen, it is your right and responsibility to exercise that," he said. "We should be thankful we live in a democracy and can have some impact on what goes into our government. I encourage all Americans to get out and exercise that right."



**Above:** Wendy Michels and her husband, Capt. Richard Freudenberg, 65th ABW legal office, talk with the Honorable Thomas F. Stephenson, U.S. Ambassador to Portugal, following his speech at the American Citizen Event he hosted in Praia Tuesday.

**Left:** Volunteers from Lajes Field assisted U.S. Citizens, from on base and in the community, in filling out voter registration forms Tuesday at the American Citizen Event.



UCI Countdown

143

Days remaining  
until Lajes Field's  
Unit Compliance  
Inspection



## Determination secret to one team member's success

By Isabel Franklin  
65th Communications Squadron

My husband recently asked me, "How would you describe yourself with just one word?" My swift response was "determined." Many people across the base express their astonishment about my frequent and disciplined visits to the fitness center, "I don't know how you do it. I could never do what you do." Yes, you could.

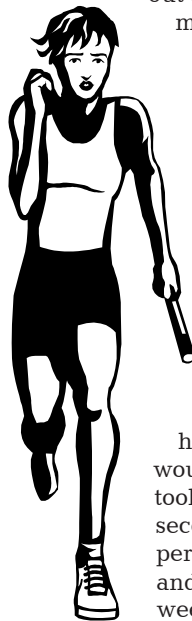
I am certainly not a better athlete than many military members or fellow civilians, but I guarantee you that I am more determined than most. In my opinion, working out is a mind game. Believe me, it's very tempting to hit the snooze button on the alarm clock and sleep 30 minutes longer in the morning, but my inner voice tells me it is 5 a.m. and time to wake up.

After the first few steps on the Treadmill or StairMaster, I'm done, ready to give up and hit the "Stop" button. The voice keeps me motivated though, and I am determined to finish the program I chose. "Come on Isabel, you can do this. What would these people think if you gave up now? Watch some TV, and before you know it, you're done. The sooner you finish, the sooner you'll get your well-deserved cup of coffee and banana."

By then, I'm warmed up and the first pearls of sweat run down my forehead. My eyes shift from *Oprah* to *ET* to the *Morning News*. A-ha! The commercial break on Channel 2 is over, which means I'm 3 minutes closer to my goal. My stomach is growling and my hamstrings are aching, but here is the voice again, "You're half way there, good job! You've already

burned 286 calories, the bread roll and cheese from last night. Isn't it a great feeling? You still have to get rid of the fish, rice and wine."

Now, I'm really determined and step it up another notch. All of a sudden I realize the time left on my program: 9:58 minutes. Hooray! I'm basically done, since I'm in the single digits. It must be 7 a.m. because *Wheel of Fortune* is on. After trying to figure out the puzzle, I realize my machine is slowing down. Is something wrong with it? No, my time is up and I'm cooling down (or not?). In retrospect, it was so easy that I start all over again on a different piece of equipment.



Watch out, it can be contagious. Recently, I helped a colleague prepare for her PT test (which she ultimately passed). She now sends me an e-mail in the afternoon that reads: "I'm heading to the gym after work, would you like to go?" When I took the test with her, only 5 seconds stood between me and a perfect score. I motivated myself and took the test again a few weeks later; I improved my run time by 20 seconds.

My determination doesn't only apply to fitness. I set goals and high standards in whatever I do, and I am bound to achieve them by overcoming any challenges I might encounter. The satisfaction to "stand on top of the mountain" is worth the hike up there, especially when you are joined by your Wingman, the inner voice. Try it for yourselves!

### Notice of Accreditation

The Accreditation Association for Ambulatory Health Care, Inc. Accreditation Committee has awarded the 65th Medical Group Ambulatory Healthcare Clinic a three-year-term accreditation. The AAAHC conducted an inspection survey here Feb. 6-8. The Dental Clinic, Health and Wellness Center and Educational and Developmental Intervention Services were part of the accreditation process as well.

535-4240

[actionline@lajes.af.mil](mailto:actionline@lajes.af.mil)

The Commander's Line is your link to me for suggestions, kudos and as a way to work problems or issues within the 65th Air Base Wing for which you can't find another solution. Your chain of command



Col. JL Briggs

should always be your first option for praise or problems — but when that's not the answer, call or e-mail the Commander's Line at 535-4240 or [actionline@lajes.af.mil](mailto:actionline@lajes.af.mil).

Col. JL Briggs  
Commander, 65th Air Base Wing



The 65th Air Base Wing Public Affairs staff prepares all editorial content in the Crossroads. The Public Affairs Office (Unit 7710, APO, AE 09720) is located in Bldg. T-100, Room 240.

Submissions can be e-mailed to [news@lajes.af.mil](mailto:news@lajes.af.mil) or faxed to 535-6326 and are due the Thursday, a week prior to the publication date.

This funded Air Force newspaper is an authorized weekly publication for members of the U.S. military services overseas.

Contents of the Crossroads are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

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## Know when to go to the IG

By Lt. Col. Robert Starks and  
Master Sgt. Kathy Carthon  
65th ABW Inspector General

Personnel can go to the Inspector General anytime they want – that is the bottom line. The purpose of the IG is to help commanders discover and correct problems affecting the morale and productivity of their assigned personnel. The solution is addressing problems at the lowest level which will usually provide the fastest resolution.

The first place to start is with your immediate supervisor, since they are responsible for the environment where you work. Their experience and knowledge should be able to help you with any situation or at least direct you to the proper source in an effort to get your issue resolved. Additionally, first sergeants have the responsibility to provide a dedicated focal point for enlisted issues within their units. When you utilize your chain of command it displays loyalty and faith in the system.

In the 65th Air Base Wing, the IG is generally contacted due to the nature and sensitivity of the issue at hand. The majority of our customers usually don't know where to turn to get assistance and resolution.

This is where your IG can help you. We

know who to contact, and if not, we will find out and then get back with you. We routinely deal with many offices on base that give us a broad spectrum of resources available to resolve any issue that may arise. Additionally, contact with the IG is protected and the individual making contact with the IG has the right to file a complaint without fear of reprisal. Customers should know that when you talk to the IG, no one else will find out about the conversation except on a need-to-know basis.

Members of the 65th ABW need advice from time-to-time. Sometimes you just need to hear what you already know is the right thing to do from a totally objective outside source.

We are here to listen. One of the IG's roles is to act as the "the ombudsman, fact-finder and honesty broker." We owe it to you and the commander to get to the bottom of things without emotion and with honest and prompt and thoroughly reviewed results.

The "official" role of the IG, if you will, is to assist in preventing, detecting, and correcting fraud, waste, abuse and mismanagement. Everything else falls under the general category of assisting others to do their jobs.

For example, if you have an issue with a pending assignment and have been unable to resolve the situation, the IG will contact your commander, Military Personnel Element, or the Air Force Personnel Center on your behalf to determine the best

course of action.

In general, law enforcement issues will be handled by the Security Forces Squadron, medical issues by the Clinic Patient Affairs, and so on.

Have you been wronged? One good example of when to contact the IG is when you have been reprised against.

For example: You talked to your first sergeant and reported a crime against your supervisor. Your supervisor got in trouble and figured out that you were the only one who could have known about the crime. Now it's time for your evaluation to be written. Later your evaluation is in your records you find out that it is well below your normal standards, you never received feedback for improvement, and suspect the bad marks and comments may be due to your protected communication with your first sergeant. Now is definitely the time to contact your IG.

Don't know where to turn? Your IG has the answer. Even if it is not specifically an issue that the IG will need to investigate, we can tap into a wide range of resources that will aid in resolving the issue.

Furthermore, we are here to educate and train commanders and members of the base populace on their rights and responsibilities in regard to the Air Force IG system. We are happy to attend your commander's calls, training events, in addition to the wing's Right Start program, to help all of our folks understand what the 65th ABW IG team can do for you.

## Lajes Justice File: Airmen convicted by summary court-martial

The following punishments were given during the first quarter of 2008:

### Court martial

▲ Senior Airman Aaron Barber was convicted by summary court-martial Mar. 13 of disrespect toward an NCO, resisting apprehension, simple assault, drunk and disorderly and communicating a threat. The Airman was sentenced to a reduction in rank to E-1 and 30-days confinement after pleading guilty to all charges.

### Non-judicial punishment

In addition, members of Lajes Field received the following Non-Judicial Punishments under Article 15 of the Uniform Code of Military Justice during this time. The maximum punishment for an Article 15 depends on the rank of

the member being offered the Article 15 and the rank of the officer imposing it. If the commander finds a military member committed the charged offense(s), the commander then determines the member's punishment based on the severity of the offense(s), the circumstances surrounding the offense(s), any matters in mitigation or extenuation presented by the member, as well as any previous misconduct.

▲ An Airman First Class received an Article 15 for failing to report to work on time in violation of Article 86, UCMJ. The punishment consisted of a suspended reduc-

tion to the grade of Airman and suspended forfeiture of \$767.

▲ An Airman First Class received an Article 15 for failing to report to work on time and falling asleep in the performance of their duties in violation of Articles 86 and 92, UCMJ. The punishment

consisted of reduction to the grade of Airman, restriction to the limits of Lajes Field for 45 days, 30 days extra duty and a reprimand.

▲ A Staff Sergeant received an Article 15 for failing to report to work on time in violation of Article 86, UCMJ. The punishment consisted of a suspended reduction to the grade of Senior Airman, forfeiture of

\$250, and a reprimand.

▲ An Airman First Class received an Article 15 for being absent without leave in violation of Article 86, UCMJ. The punishment consisted of a suspended reduction to the grade of Airman and 10 days extra duty.

▲ A Technical Sergeant received an Article 15 for driving while drunk in violation of Article 111, UCMJ. The punishment consisted of a reduction to the grade of Staff Sergeant and a reprimand.

▲ A Senior Airman received an Article 15 for failing to attend mandatory physical training. The punishment consisted of a suspended reduction to the grade of Airman First Class, forfeiture of \$890 for two months and a reprimand.

*Courtesy of 65th Air Base Wing legal office*





Today	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
<b>9 a.m.</b> Self pet wash, kennels <b>2 p.m.</b> Alcohol Awareness Event, Bldg. T-630. <b>5 p.m.</b> Teen Money Matters, LYP <b>5:30 p.m.</b> Brazilian BBQ Buffet, TORC <b>7 p.m.</b> The Spiderwick Chronicles (PG) <b>7:30 p.m.</b> Cosmic Bowling <b>10 p.m.</b> Vantage Point (PG-13)	<b>9:30 a.m.</b> Spring Family 5K Run/Walk <b>10 a.m.</b> AWANA Grand Prix, chapel <b>11 a.m.</b> CDC open house <b>6:30 p.m.</b> Member's Only Texas Hold 'Em <b>7 p.m.</b> The Spiderwick Chronicles (PG) <b>7:30 p.m.</b> Cosmic Bowling <b>10 p.m.</b> Witless Protection (PG-13)	<b>8 a.m.</b> Bottom Fishing, Outdoor Rec <b>9 a.m.</b> Evangelical Service <b>10:30 a.m.</b> Mass <b>Noon</b> Praise Service <b>2 p.m.</b> The Spiderwick Chronicles (PG) <b>2 p.m.</b> Table Tennis Tournament, community center <b>7 p.m.</b> Vantage Point (PG-13)	<b>10 a.m.</b> Thrift Store open <b>10 a.m.</b> Library open <b>11 a.m.</b> Cantina-Style lunch, TORC <b>11 a.m.</b> Tradewinds Dining Facility offers daily lunch specials <b>11:30 a.m.</b> Daily Mass <b>4 p.m.</b> Oceanview delivers on base	<b>10 a.m.</b> Basic Investing Workshop, A&FRC <b>10 a.m.</b> EDIS Playgroup, LYP <b>4 p.m.</b> Wing Quarterly Award Ceremony, TORC <b>5:30 p.m.</b> Mongolian BBQ, TORC <b>5:30 p.m.</b> 2-day Cake Decorating Class, Arts & Crafts <b>6 p.m.</b> AWANA, chapel	<b>9 a.m.</b> Credit Workshop, A&FRC <b>11 a.m.</b> Bowl w/ your Boss special <b>1 p.m.</b> Asian-Pacific American Heritage Committee meeting, community center <b>5 p.m.</b> Family Night, bowling alley <b>5:30 p.m.</b> Cake Decorating (Day 2) Arts & Crafts	<b>9:30 a.m.</b> Effective Communication, A&FRC <b>9:30 a.m.</b> Mothers of Preschoolers, chapel <b>3 p.m.</b> Homebuying Seminar, A&FRC <b>4 p.m.</b> Scrapbooking Frenzy, Arts & Crafts <b>7 p.m.</b> Witless Protection (PG-13)

## Award Ceremonies

**Wing Quarterly Award Ceremony:** 4 p.m. Tuesday at the TORC.  
**Annual Volunteer Recognition Ceremony:** 10 to 11 a.m. Apr. 30 at the TORC. Open to all volunteers.

## TORC Events 535-3202

**BINGO:** 7:15 p.m. Apr. 30. Ticket sales begin at 6 p.m.  
**Chili Dog Thursday:** Chili Dog for \$2.25 plus karaoke with DJ "Scooby"  
**Sunday Brunch:** 11 a.m. to 2 p.m. \$15.95/adults; \$7.95/children from 7-12 years old.

## Job Opportunities

**OU Site Manager:** The University of Oklahoma is seeking applicants for a full-time site manager. Minimum requirements are a bachelor's degree as well as experience in marketing, public relations and office administration. Prefer 18 months remaining on-site. Submit cover letters and resume by May 9 to Dr. Peggy J. Lerner, European Director, c/o apeuadmin@ou.edu. For details, call DSN 370-6687/6691 or 0049-6221-768118.

**Practical Nurse Opening:** The vacancy announcement for a Practical Nurse, YI-0620-01 position is posted on USAJOBS at <http://www.usajobs.opm.gov>. The vacancy announcement number is: AFPC185078YI-0620-01/01MD. This announcement ends Jul. 31.

**NAF Openings:** Youth Center – Recreation Aid, Recreation Assistant, School Age Program Assistant; CDC – Child Development Program Assistant; Kennels – Animal Caretaker Supervisor. Information is available online at <http://www.lajes-services.com/hro.htm> or by calling 535-5200/6582.

## Fitness Center 535-6126

**Spring Family 5K Run/Walk:** 9:30 a.m. Saturday at the fitness center.  
**Fitness Month:** Informational booths from 7 to 10 a.m. May 1, in the lobby.  
**The Biggest Loser Incentive Program:** May 1-30.

## Child Development Center

**Month of the Military Child Open House:** 11 a.m. to 2 p.m. Saturday at the child development center, Bldg. T-209. Open to anyone.  
**Give Parents A Break:** 6 to 10 p.m. Apr. 25 at the A&FRC. Certificates are due to the CDC or LYP by Wednesday. GPAB is designed to offer a break to parents with a deployed spouse or parents assigned to a remote tour of duty, such as Lajes. Contact the A&FRC or your unit first sergeant to confirm eligibility and to receive your voucher.

## Portuguese Holiday

The commissary, community center and AAFES facilities will be closed Apr. 25 for the Portuguese Day of Liberty.

## Base Housing Excellence

**Base Housing Facilities Excellence Day:** May 2 and 3. Housing Maintenance will be giving away flowers, plants, shrubs, rocks for bordering, grass seed, top soil and will have tools to loan for planting, including shovels, rakes, hoes and a lot more. Free to base housing residents. Stop by Bldg. T-521 to pick up the available products; give name, address and amounts taken. Due to availability there may be limits set for even distribution and to give each person a fair chance. 535-6251/6489.

## DoDDs

**K-8 Summer Enrichment Program:** The DoD will be offering a four-week summer program for students currently in Kindergarten through 8th grade. The program will start on Jun. 23 and will end on Jul. 18. This half-day summer program will allow students to experience a variety of engaging, theme-related activities emphasizing math and language arts skills. Registration forms are available at the school. The deadline is Monday.

## A&FRC 535-4138

**Dinner in the Dorms:** 5 to 7 p.m. Apr. 25 at Bldg. T-130 second floor. It is free to all who live in the dorms.  
**Sponsorship Training:** 10 to 11 a.m. Apr. 25.  
**Smooth Move Seminar:** 2 to 4 p.m. Apr. 28.

## Classified Ads

E-mail classified ads to [news@lajes.af.mil](mailto:news@lajes.af.mil) by 5 p.m. the Thursday prior to the week you need it published. Notify the Crossroads when items have been sold. Lajes personnel may also post ads at [Lajesads.com](http://Lajesads.com). This site is not affiliated with the Crossroads.

For Sale: 1995 Mitsubishi Mirage 87K miles. Automatic transmission, A/C, CD player. Inspection good until May 09. New muffler 06, catalytic converter and battery 07. Great Condition. Available May 7. \$2,500 Call Patti at 295-549-201.

Amazing Nanny Available: If you are looking for a warm-hearted, caring and loving Nanny, then look no further. Iria has more than 27 years of experience. She has truly been a gift from above for us over the past 2 years. Especially great for dual-military or single parents. She's available anytime, day or night. Call AJ or Lori at 295-549-604 or 963-135-463.

For Sale: 1990 Chevy S10, 4.3L V6 4X4, Great truck! \$1,200 OBO 295-549-120.

For Sale: 1994 Ford Ranger Truck Extended Cab XLT Series New Brakes/Rotors Metal Tool Box included 110k Miles, Great Cond. Asking \$2,500 OBO Call Mike @ 964-224-165.